

## Mentoring Guide

You are taking your first major step in fulfilling your commitment to help others **Out of the MATRIX**. As an **Out of the MATRIX** Mentor, you have many responsibilities. Some are regarding the physical space, its appearance and tidiness. Others are related to keeping the flow of the weekend moving along in a timely and efficient manner. More importantly, you are there to support the participants, particularly when they are going through their processing. Processing is the experience of having a Matrix belief come up from the subconscious, dealing with it and transforming it to a belief that leads **Out of the MATRIX**.

One of the most important roles you play is to **hold the space** for the possibility of this transformation. To do this, you must be in a space of **non-judgment**, totally **open** and **receptive** to whatever is coming up. This requires that you stay consciously **connected** and open to your Inner Guide throughout the weekend. This is particularly true during the exercises when the participants are sharing with you. You must also be totally connected and open to the participant and have no judgments, good or bad, about what they're sharing with you, even if it relates to something you are going through. This is true **listening** and you must be in that space to affect the next step in the process. You must be truly listening to the extent that when the participant has finished speaking, it's followed by a long **silence**, to the point of being an uncomfortable silence. At that point, if the participant hasn't begun to speak again, your role is to guide them deeper into what they are processing, by asking an **opening question**. These are questions designed to open the space for the participant to be able to take a **closer** look at the issue and the Matrix **belief** that supports it, as you maintain the space of a safe, non-judgmental environment for them. By **maintaining** your connection with your Inner Guide, the space will be set and you will "know" what question(s) to ask.

Remember that this is a time for the participant to share. **Resist** the temptation to share your opinion and your stories. During this portion of the exercise, all of the focus is on the participant. So stay focused for all of the sharing and *resist having side conversations*. This is part of holding the space. This is what it takes to get **Out of the MATRIX**, as you fulfill your **mission** and help others **Out of the MATRIX**.

*The questions listed below are in no particular order & you are certainly not limited to these. You may also wish to take note of questions used by the Oracles during processing. Use them as you are guided.*

**"Is there anything else you'd like to share?"**

**"What feelings came up for you around that?"**

**"How else do you see costs (your story, addictions, etc.), showing up in this (your life)?"**

**"How has this affected this (all of your) relationship(s)?"**

**"Do you see any addictive aspects to this... repeated behavior patterns... in your life?"**

**"Who have you been blaming?"**

**"What do you see as your part in generating this?"**

### OM SECTIONS

Empty Cup/The Matrix/Awareness/Perception ~ Inner/Outer Directed & Inner Guide ~ Power of Your Mind ~ True Colors & The 3 Fears ~ Conscious/Subconscious/Superconscious ~ Addiction ~ Behavior Cycle ~ Reality Check ~ Responsibility Ladder ~ Your Matrix Story ~ VictimLand ~ OJ/Driving Force ~ Integrity ~ Be-Do-Have ~ Triangles to Stars